



UCOOK

Tomatoey Pork Bangers & Turmeric Rice

with a baby marrow salad & raita

This recipe is so easy to follow, but the end result is amazing. Pork bangers are cooked in a fragrant chutney & spice tomato-based sauce and served on top of golden turmeric rice. The spice mix brings out the natural flavours of the pork, while the green baby marrow salad & creamy raita adds a fresh & cooling kick.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

100ml	White Basmati Rice
2,5ml	Ground Turmeric
180g	Pork Bangers
1	Red Onion <i>½ peeled & roughly sliced</i>
10ml	Curry Spice <i>(5ml NOMU Indian Rub & 5ml Medium Curry Powder)</i>
100ml	Tomato Passata
15ml	Mrs Balls Chutney
20g	Salad Leaves
100g	Baby Marrow
4g	Fresh Coriander
1	Lemon
40ml	Raita

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. POT O' GOLD Rinse the rice and place in a pot over a medium-high heat with the turmeric. Submerge in 225ml of salted water and pop on the lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary, fluff up with a fork, and cover to keep warm.

2. SEAR THEM SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bangers for 2-3 minutes until brown but not cooked through, turning as they colour. Remove from the pan and set aside.

3. SWEET & SPICY Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry for 4-5 minutes until soft, shifting occasionally. Add the curry spice and fry for 1 minute until fragrant, shifting constantly. Add the tomato passata, the chutney, and 150ml of water. Simmer for 10-12 minutes until the sauce is thickened. In the final 4-5 minutes, add the browned bangers to the sauce to cook through. Season with a sweetener of choice, salt and pepper.

4. WHILE THE SAUCE IS SIMMERING... While the sauce is simmering, rinse and roughly shred the salad leaves. Rinse, trim, and peel the baby marrow into ribbons. Rinse and pick the coriander. Cut the lemon into wedges.

5. POP OF GREEN In a salad bowl, combine the juice of 1 lemon wedge, a drizzle of oil, a sweetener of choice, and seasoning. Add the baby marrow ribbons and the shredded leaves. Toss until combined.

6. WHAT A PLATE Dish up the golden rice. Top with the flavourful bangers and the tomato sauce. Dollop over the raita and garnish with the picked coriander. Side with the dressed baby marrow salad and any remaining lemon wedges. There you go, Chef!

Nutritional Information

Per 100g

Energy	522kJ
Energy	125kcal
Protein	6g
Carbs	17g
of which sugars	3.8g
Fibre	2g
Fat	3.5g
of which saturated	1.5g
Sodium	243.8mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days